

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 9/3– 9/9 (Ship Date: 9/8)

Breakfast

-Funfetti Protein Waffles: Protein: 22g Carbs: 45g Fat: 8g Calories: 340

Ingredients: Funfetti Pancake Mix, Whey Protein Powder, Almond Milk

-Bacon Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 18g Calories: 298

Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap, Spices

-Ham, Egg and Cheese Breakfast Pocket: Protein: 24g Carbs: 31g Fats: 9g Calories: 283

(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water or Milk & Heat)

-Protein Oat Bowl: Vanilla Cinnamon: Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water or Milk & Heat)

-Protein Oat Bowl: Trail Mix: Protein: 34g Carbs: 40g Fat: 15g Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly (GF):** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Parmesan and Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

-Chipotle Grilled Chicken Bowl (DF): Ingredients: Grilled Chicken, Squash, Seasoned Basmati Rice, Chipotle Sauce, Spices

size: **Weight Loss:** Protein: 25g Carbs: 25g Fats: 11g Calories: 299

size: **Muscle Gain: Protein:** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

size: **Low Carb/Keto Friendly:** Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Cheddar Cheese, Chipotle Sauce, Spices

-Teriyaki Chicken Bowl (GF): Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Calories: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Calories: 408

size: **Low Carb/Keto Friendly:** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

-Loaded Smash Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices. 1oz Side of Greek Yogurt

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Calories: 309

size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Calories: 484

size: **Low Carb/Keto Friendly:** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Side of Greek Yogurt

-Turkey Stir Fry Bowl (DF): Ingredients: Ground Turkey, Ginger Seasoned Brown Rice, Stir Fry Sauce, Broccoli, Carrots, Peppers, Onions,

Spices

Size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274

Size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388

Size: **Low Carb:** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Broccoli, Stir Fry Sauce, Carrots, Peppers, Onions, Spices

-Buffalo Chicken and Mac Bowl: Ingredients: Shredded Chicken, Pasta, Mixed Vegetables, Cheese Sauce, Buffalo Sauce, Spices (Side of Ranch)

Size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Calories: 346

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Size: **Low Carb (GF):** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Shredded Chicken, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, Spices

-Turkey Burger with Mac and Cheese: Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onion, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

-Hibachi Grilled Skillet (DF): Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices

Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Calories: 434

Lean-N-Green

-Shrimp & Broccoli (GF/DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce and Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Calories: 260

-Steak -N- Greens Bowl (GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Protein: 35g Carbs: 12g Fat: 12g Calories: 296

-Honey BBQ Glazed Salmon with Sautéed Green Beans (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Calories: 264

Wraps

-Chipotle Grilled Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Ingredients: Roasted Chicken, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

-Italian Beef Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce, Spices

-Buffalo Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

-General TSO Chicken Wrap (DF): Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Oven Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

Snacks

-Pumpkin Spice Protein Donuts with Pecan Crumble: Protein: 24g Carbs: 24g Fat: 8g Calories: 268

Ingredients: Sugar Free Cake Mix, Egg, Whey Protein, Pumpkin, Pecan, Coconut Oil, Pumpkin Spice

-Salted Caramel Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Caramel, Coconut Oil, Salt, Splenda

-Apple Pie Protein Bar: Protein: 20g Carbs: 40g Fat: 8g Calories: 312

Ingredients: Apple Cinnamon Baking Mix, Apples, Whey Protein, Egg, Spices

-Cookie Dough Bites (GF/DF/Vegan): Protein: 15g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-Dark Chocolate Mint Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Zucchini, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

-Veggie Loaded Smash Potato (GF): Protein: 16g Carbs: 50g Fat: 12g Calories: 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices. 1oz Side of Greek Yogurt

-Chipotle Chickpea Bowl (GF): Protein: 19g Carbs: 59g Fat: 16g Calories: 456

Ingredients: Seasoned Chickpeas, Seasoned Basmati Rice, Sautéed Squash, Chipotle Sauce, Spices

-Tofu Stir Fry Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli, Carrots, Peppers, Onions, Stir Fry Sauce, Spices

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Calories: 264

Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)

-Spaghetti Bowl w/ Green Beans: Protein: 14g Carbs: 36g Fat: 4g Calories: 236

Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)

-Chicken Nuggets & Home Fries Bowl: Protein: 10g Carbs: 32g Fat: 11g Calories: 299

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas, Seasoning (Juice Box, Protein Popper)

Gourmet Nut Butters

-Cinnamon Spice Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Almonds, Cinnamon, Spices

-Chocolate Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Cal: 190

Ingredients: Almonds, Coconut Oil, Cocoa

-Honey Cinnamon Peanut Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Peanuts, Honey, Cinnamon